



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Jump Rope for Heart

### Contact Information

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### Program Information

<b>Program Name</b>
Jump Rope for Heart
<b>Program Category</b>
All school PE events or activities
<b>Grade Level</b>
High School (9-12); Elementary School (3-5); Elementary School (K-2)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

Jump Ropes

#### Program Description:

The students jump rope during phy ed to raise money for the American Heart Association. The students fundraise outside of class and return the envelopes after we are done jump roping.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

[Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us)

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